

The Best Way to Protect Yourself from a Toxic Environment

Michael E. Rosenbaum, M.D.

Our environment is filled with chemicals—in our home, our office, our car, in the air we breathe, the water we drink, and the food we eat. Compared to our great-grandparents, we're exposed to hundreds and thousands more chemicals and toxins in our daily lives. Today, from the moment of conception a child is exposed to a plethora of toxins in their environment; first from their mother, then from the world they're born into.

Perhaps even more troubling is the fact that these poisonous toxins accumulate in the human body over years. The consequences may include chronic fatigue, memory loss, premature aging, skin disorders, arthritis, hormone imbalances, anxiety, emotional disorders, cancers, all sorts of auto-immune diseases, and heart diseases, to name but a few.

That's why it's so important to reduce your internal toxic load—and taking Sun Chlorella on a regular basis is one of the *very best ways* to help purify & remove harmful elements consistently. It's best to gradually rid your body of these toxins and make it a part of your daily routine, to help counteract your daily exposure. First, let's look at a few of the most frightening environmental findings and then see how you can protect yourself.

The Air We Breathe

The quality of the air we breathe may be worse than we previously thought. The “American Lung Association--State of the Air: 2005”, report released in April 2005 shows over half of the population of the United States lives in counties that have unhealthy levels of either ozone or particulate pollution. At greatest risk are those with asthma, chronic bronchitis and emphysema, cardiovascular disease, and for the first time listed, diabetes.¹ The “Special Report on Toxic chemicals and Children's Health In North America”, released in 2004 shows that there are over **80,000 metric tons of carcinogens** released in the air annually in North America.²

Heavy Metals in our Drinking Water

Our water is polluted with over **2100 chemicals in most municipal water supplies**.³ Lead, mercury, uranium, cadmium, and arsenic are to name but a few. Pesticides, herbicides, fertilizers, PCBs, and even drugs have been found in water flowing out of water treatment plants. Perchlorate (rocket fuel) has been found in drinking water in more than 20 states. This chemical has been specifically detected in the Colorado River – the major source of drinking and irrigation water for Southern California and Arizona.⁴

Mercury

One of the first toxins a baby is exposed to is mercury. In a study spearheaded by the Environmental Working Group (EWG), the American Red Cross took umbilical-cord samples of 10 babies and tested them for contaminants. Astounding test results showed that they had an average of **287 contaminants** including methylmercury; fire retardants such as polybrominated dibenzodioxins and furans; polyaromatic hydrocarbons, or PAHs; pesticides including DDT and chlordane, as well as the Teflon chemical PFOA.⁵ Of these chemicals **180** of them are carcinogenic in humans, **217** are toxic to the brain and nervous system, and **208** are known to cause birth defects.⁶

Amalgam Fillings

A typical filling contains **250,000 mcg of mercury and releases 10 mcg of mercury per day**.⁷ Original fillings made from 1850 until 1974 slowly released the mercury over a 30-year period. The fillings made since

1974 release enough mercury into the body to cause trouble within 3 to 5 years of placement.⁸ Amalgam fillings need to be removed, and should only be done by a quality biological dentist, or even more toxic mercury can be released into the body. To obtain a listing of biological dentists and more information about removing silver amalgam fillings, visit the web site of the International Academy of Oral Medicine and Toxicology at www.iaomt.org.

Pesticides & Herbicides in our Food

The most common pesticides in use today are organophosphates, which include Diazinon, Malathion, Dursban, Vapona, Orthese, and Safratin. These toxins are sprayed on our food crops and find their way into our food supply including animal feed and our meat supply. This means that the fat in meats would contain the highest amounts of pesticides. Other high fat animal products such as butter, cream, cheese, and whole milk also contain a higher pesticide content.

Based upon more than 100,000 tests, The Environmental Working Group (EWG) report these 12 fresh fruits & vegetables are consistently **the most contaminated with pesticides**: apples, bell peppers, celery, cherries, grapes (imported), nectarines, peaches, pears, potatoes, red raspberries, spinach, and strawberries. These 12 fresh fruits & vegetables consistently have **the lowest levels of pesticides**: asparagus, avocados, bananas, broccoli, cauliflower, corn (sweet), kiwi, mangos, onions, papaya, pineapples, and peas (sweet).⁹

Chemicals in our Food

Our food supply is contaminated with over **80%** of the foods having genetically modified ingredients (mainly due to the high amount of genetically modified soy used in processed foods), not to mention toxic chemicals and hormones.¹⁰

Many of the available processed foods contain chemicals including preservatives, emulsifiers, texturizers, humectants, ripening gases, and bleaching agents. There are several chemical agents used to bleach flour used in bakery goods – oxide of nitrogen, chlorine, chloride, nitrosyl, and benzyl peroxide. One of the most toxic agents used is chloride oxide, also known as chlorine dioxide. When this chemical agent combines with the proteins that are left after the bran and germ are removed from wheat, it forms a substance called alloxan. Alloxan may trigger selective destruction of beta cells in the pancreas, potentially causing type 2 diabetes.¹¹

Food Additives

Believe it or not, people eat more than 10 pounds of food additives every year. A lot of these additives—artificial colorings and flavors, preservatives, hydrogenated oils—are stored in our body fat and are slowly released over time. Some of these foods include: chips, sodas, white bread, white rice, French fries, crackers, cookies, high sugar cereals, and margarine.

Effective January 1, 2006, the Food and Drug Administration (FDA) now requires food companies to list trans fat content separately on the Nutrition Facts panel of all packaged foods. Evidence suggests that consumption of trans fat raises LDL (“bad”) cholesterol levels and lowers HDL (“good”) cholesterol levels, causing the arteries to clog, increasing heart disease and stroke.¹²

Bad Beverages

Americans drink the wrong beverages – sodas, diet sodas, juices, excessive amounts of coffee, and sweetened tea. In 2003, the average American consumed about 142 pounds of sugar per year, plus 61 pounds per year of high fructose corn syrup, (for a total of 203 pounds per year) as compared with 114 pounds of sugars and sweeteners per year in 1967.¹³ Even milk is being turned into a flavored, sugary, carbonated drink to appease a nation of sugar addicts’ taste buds.¹⁴

One regular soda contains approximately 10 teaspoons of sugar (usually in the form of high fructose corn syrup), phosphoric acid, and often caffeine. Diet sodas contain artificial sweeteners as well as phosphoric acids. Phosphoric acid leaches calcium out of the bones, while high fructose corn syrup raises LDL levels, and artificial sweeteners such as aspartame (NutraSweet®) come with its own set of problems. Aspartame breaks down into aspartic acid, phenylalanine, and methanol (wood alcohol); methanol in turn breaks down

into formic acid and formaldehyde in the body.

Sun Chlorella – The Best Way to Protect Yourself

Sun Chlorella (*Chlorella pyrenoidosa*) is a natural whole food supplement derived from freshwater single-celled green alga, super-concentrated with key vitamins & antioxidants including: vitamin C, pro-vitamin A (beta-carotene), chlorophyll, lutein, thiamine (B1), riboflavin (B2), pyridoxine (B6), niacin, pantothenic acid, folic acid, vitamin B12, biotin, choline, Vitamin K, lipoic acid, and inositol; certain minerals including: phosphorus, calcium, zinc, iodine, magnesium, iron, and copper; protein, dietary fiber, nucleic acids, omega fatty acids, and Chlorella Growth Factor (CGF).

Sun Chlorella has the ability to help remove harmful elements from your body. In fact, I highly recommend that each of us should take a serving of Sun Chlorella with each meal, because whatever pesticide may be in the food we're eating can be absorbed by the chlorella, and may not even get a chance to be absorbed into your body. Since additives are almost impossible to avoid in today's food supply, it's important to take Sun Chlorella. These damaging chemicals in our food bind to the chlorella and are then excreted through our stool, urine, and sweat. One serving of Sun Chlorella is equivalent to one serving of fresh green vegetables (without the pesticides)!

Sun Chlorella - The Leading Brand

What makes Sun Chlorella so superior is its unique patented process utilizing the DYNO[®]-Mill machine. With the exclusive DYNO[®]-Mill process, there are no chemicals or additives involved that can damage the vital nutrients of chlorella. Sun Chlorella is the only chlorella on the market to contain 95%-99% pulverized chlorella, ensuring optimum assimilation and digestion of this precious superfood.

Although we live in a toxic world, we can definitely counteract our exposure by choosing organic fish, meat, eggs, fruits and vegetables, whole grains & plant foods, adequate amounts of filtered water, a regular aerobic exercise program, and daily nutritional supplementation including Sun Chlorella superfood.

For more information or a **FREE** sample of Sun Chlorella, please call **1-800-829-2828, ext. 2604**.

¹ The American Lung Association State of the Air 2005, Executive Summary, (report)

² Lynn Goldman, M.D. "A Special Report on Toxic Chemicals and Children's Health in North America." 2004

³ D. Conacher, "Troubled Waters On Top: Organic Chemicals in Public Drinking Water Systems and the Failure of Regulation," Washington DC Center for study of Responsive Law, 1988: 114

⁴ The Associated Press, "Toxic Chemical found in cows milk," USA Today June 22, 2004 (online report)

⁵ Jane Houlihan, et al., Environmental Working Group, "Body Burden – The Pollution in Newborns," July 2005

⁶ Houlihan

⁷ Donald W. Miller, Jr., MD, "Mercury on the Mind," (internet article); www.lewrockwell.com/miller/miller14.html

⁸ Greg Ciola, "Mercury: The Unsuspected Killer!" April-May 2004

⁹ <http://www.foodnews.org>

¹⁰ Rutgers, The State University of New Jersey; "National Survey Show Americans Are in the Dark Regarding Genetically Modified Foods," 2005

¹¹ The Idaho Observer, "Bleaching agent in flour linked to diabetes," (online article)

¹² <http://www.americanheart.org/presenter.jhtml?Identifier>

¹³ "One Sweet Nation," USNews.com 3/28305 (online report)

¹⁴ Caroline E. Mayer, "Surgery Milk Still Does a Body Good," Washingtonpost.com